


# THE NATIONAL CONGRESS OF MOTHERS MAGAZINE



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No. 7

*"For the Welfare of the Child"*

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## PRESIDENT'S DESK

A VOICE FROM THE PRISON      Many centuries ago a code of criminal law was created, which has continued with little change up to the present time. The judge sits in court year after year to carry out the provisions of this law code, which lays down certain punishments for every offense erring humanity may commit. It is indeed like the law of the Medes and Persians, which altereth not.

Humanity has made great advances in many directions, but in dealing with offenders against society, the same old custom of meting out the punishment laid down by those statutes, venerable with age, still prevail. No account is taken of the duty that humanity owes to the weak and erring. Society must be protected.

Just how it is accomplished by arbitrarily committing youths to prison to serve a stated term, and then turning them loose upon the community, weakened, rather than strengthened, and handicapped seriously as far as obtaining any employment, is a mystery.

Does imprisonment reform? Do the prisoners come out stronger and better for the punishment, or do they come out embittered, and with the feeling that every man's hand is against them? These are questions which concern mothers, for most criminals enter the life when under twenty-one.

In the abandon and exuberance of youth many a boy shadows with gloom and failure his whole future.

Does not society owe these weaker brothers and sisters some different treatment than putting them behind prison bars and then, after the sentence is completed, turning them out, with a suit of clothes and five dollars

in their pocket, and with the heavy handicap of the jail-bird put on them for all time?

The chances are ten to one that the handicap proves too great, and that they are forced to crime because nothing else opens to them. The careless world knows little of the heartaches of the boys and girls in the prison cell. It looks askance, and regards them as made of different clay.

Would that the spirit of a Sister in a Catholic Institution for Girls existed in all reformatories and prisons. A judge who had had difficulty in finding a place for a young girl, outside of a prison, after having been denied admission by several institutions, received the reply from the Catholic Sister, "Send the girl to us. The greater her need, the greater our duty to help her." The greater the need of all these erring ones, the greater the duty of society through loving, wise care to strengthen and develop the good.

Jesus came to earth to give to man a new code of law of which the keynote is love. These boys and girls committed to prison cells need more than prison discipline, and a jailor.

They need as keepers men and women imbued with the spirit and purpose of instilling new higher ideals of life. They need loving sympathy, which will help them to control their evil passions. They need the companionship and training of experts in moral training.

Not brute strength, but strength of soul and heart, is the quality which should be required of those to whose keeping we commit these brothers and sisters of ours.

To put on a prison garb, to be known only by a number, not a name, is a cruel relic of a past age which should be abolished.

Prisons should be schools for moral training. They should be equipped with keepers of the highest moral character, and with ability to stimulate all that is best in their charges. No definite sentence should be given. It should depend on the development of the character when freedom should be granted.

Society has no right to place the handicap of the prison on weak and erring ones unless it is willing to stand by them, and make it possible for them to establish themselves afterwards. Those who are determined to continue their transgressions against civil and divine law should not be released until their frame of mind has changed.

One of the most touching pleas from a prison has been written by Carl Arnold, who was released by the Governor of Kansas recently, largely on account of this poem. In 1895 two boys in their teens were convicted of murder and sentenced to death. Kansas law requires the signature of the Governor to a death warrant, and all recent Governors have refused to sign such documents. Consequently the boys have grown to manhood in the prison—at Lansing, Kansas.

The poem shows that, in that prison at least, there must have been some helpful influence that caused the boys to emerge with mind and heart stirred to higher things. It will be found on another page of the MAGAZINE.

ZEITSCHRIFT FÜR  
KINDERSCHUTZ UND  
JUGENDFÜRSORGE

The first number of a new periodical for Child Protection and the Care of Youth comes to us from Vienna. We quote from "A First Word," by Dr. Baerureither, Privy Councillor to the Emperor, he says: "We all know what Child Protection and the Care of Youth signify. This new thought for childhood flows from every side. It has attained a breadth and depth that has imbued the community and the State to advance together, where family ties are no longer efficient.

"The modern health nurture makes new demands. The social energies of to-day are directed to the study and improvement of all that tends toward the welfare of citizens of all ages. Even the hitherto rigid criminal law lays down the weapons of retaliation and retribution to take up the greater work of education and salvation of children who stand in danger. There is an awakening in Austria in these directions, and changes are coming over what seemed to be fixed institutions. The Child Protection Congress in Vienna, in 1907, stimulated the movement in an unexpected manner. One result of the Congress was the founding, in Vienna, of a central place for the care of children and youths. Common justice should safeguard childhood and place about it protection and wise care."

The *Zeitschrift für Kinderschutz und Jugendfürsorge* will handle every question relating to the care of children—not only in Austria, but in England, the United States, Germany, Switzerland, Belgium, and the Netherlands. Dr. Baerureither's deep interest in new methods of treating children brought him to America several years ago to study Juvenile Court and Probation work. His association with the new periodical is an assurance of its high character and purpose. The world-wide interest in childhood's welfare is one of the most encouraging developments of the century.

OUTDOOR LIFE FOR CHILDREN In a densely populated section of a large city two families live in adjoining houses. Opening out of the second-story back window one has built an outdoor room for the children. It has a roof and heavy wire sides. In the morning the children, warmly dressed, are turned into their safe play-room and even in winter weather play there from morning until night. Their toys are there, and even the baby has his nap outdoors.

Rosy, healthy and happy, the contrast is marked between them and the children in the other family, who for two or three hours each day take their airing under the care of a nurse. There is nothing for them to do—but to walk. No opportunity for romps or plays, such as children love, because in a city street there is no chance for that. There is no opportunity for initiative, which comes by letting children alone to plan their own games and plays. The careful watchfulness of mother or nurse can be given without making it obvious.

An outdoor room for all day play is easily constructed and will prove a valuable investment for any city family of children.



## Study Outline—Music in Home Life

By MARY LOUISE BUTLER

*"If thou the truth wouldst teach, thou must be true thyself."*

1. What relation does music bear to the development of a child (a) physically; (b) mentally; (c) spiritually?

2. Shall children with little or no musical taste have any musical training?

If not, *why?*

If so, what shall the training be, and to what extent carried?

3. What music in the daily home life is the most lasting in its influence for good?

4. How can music be made a unifying factor in the home?

5. To what extent shall each member of the home be a part of its musical circle?

*"The meaning of a song goes deep.*

*Who is there that in logical words can express the effect music has upon us? A kind of inarticulate, unfathomable speech which leads us to the edge of the infinite."*—Carlyle.

6. Froebel was so deeply impressed with the influence of the mother's voice upon the life of her child that he urged the daily singing of sacred songs in the home.

What songs do you think mothers of to-day should sing to and with their children?

7. What music heard in your childhood's days made the greatest and most lasting impression upon you?

As a rule the happiest homes are those in which songs are a part of the family life. If from these households

the mothers will bring to the discussion of the above topics chapters from their own experiences, books need not be much studied.

It might be both profitable and interesting to hold a second meeting where hymn and song writers should be discussed and some of their works illustrated in song. The same might also be done with instrumental composers. A hymn, a song, a sonata always means more to anyone when its history and author are known and understood. Music in the daily home life would have new interpretations if father, mother and children discussed every selection played or sung. Such method would gradually weed out trash and leave the best fruit to stimulate mental and spiritual growth.

*"Musical training is a more potent instrument than any other, because rhythm and harmony make their way into the secret recesses of the soul in which they do mightily fasten."*

Valuable helps to such study are:

A good musical cyclopedia, a musical dictionary, a good musical journal, and such books as Mathew's "How to Understand Music," 2 vols., and the Upton Series, 4 vols.

Technical skill and scientific facts are essential to being great musicians, but there is much else to be learned from music. When parents fully realize that music learned at the mother's knee and around the family altar can be made a great source of strength to their children in solving life's prob-

lems, more care and thought will be given to this part of a child's education.

Ruskin, when writing of the ideal education of children, said: "In their first learning of notes they shall be taught the great purpose of music, which is to say, a thing that you mean deeply, in the strongest and clearest possible way, and they shall never be taught to sing what they don't mean."

William L. Tomlins once said: "Deep down, deeper than what he does or thinks, at the very heart and soul of a child are latent tendencies of which he himself is ignorant. These music will sometimes reach. It searches out the flower-germs of the soul, awakening them to response, stimulating them to a largeness of

growth that leaves no place for weeds. But the song must go down deep into the singer's nature if the weeds are kept out."

*"A thought oft repeated in song becomes a part of the child."*

Carlyle, in one of his essays, wrote: "David, king of Judah, a soul inspired by divine music and much other heroism, was wont to pour himself in song; he with seer's eye and heart discerned the God-like amid the human; struck tones that were the echo of the sphere-harmonies and are still felt to be such. Reader, art thou one of a thousand able still to read a Psalm of David and catch some echo of it through the old dim centuries, feeling far off in thine own heart what it once was to other hearts made as thine?"

## Man to Man

By CARL ARNOLD

I cannot fawningly implore,  
As feeble false hearts can;  
But in humility before  
The power that bars my prison door  
I plead as man to man.

Oft folly more than vice appears  
In errors we have made,  
The ideal that the man reveres  
Is not the dream of early years—  
Youth's brief delusions fade.

Tho' hearts embittered still retain  
A grudge for old mistakes,  
Excessive penalties are vain—  
The long monotony of pain  
No restitution makes.

The ancient eye for eye decree  
God has Himself destroyed;  
Still speaks that Voice from Calvary.  
Shall Shylocks with their ghoulis  
plea  
Make this commandment void?

Ay, blessed are the merciful!  
Oh, Christian heart, relent!  
For sins of folly, faults of will,  
I kneel at Mercy's tribunal  
A contrite penitent.

Long have I been with Sorrow.  
Long  
The agonizing years  
Have held no freight of love, and  
song  
And laughter—only pain and wrong,  
And penitence and tears.

The coarser Soul but lightly feels  
The daily dole of ill;  
But what distress each hour reveals  
For him who in his heart conceals  
Some aspirations still!

For home and love, for liberty  
To toil as free man can,  
Oh, Hand of Fate that bars to me  
The gates of Opportunity,  
I plead, as man to man,

## Nutrition Investigations of the Office of Experiment Stations

By C. F. LANGWORTHY, Expert in Nutrition

An accurate study of food materials and their effect upon the human body leads us far into the intricacies of chemistry and physiology; it is, therefore, not surprising that until comparatively recent years our knowledge of these important factors in our daily life was fragmentary and based on empirical observation rather than on systematic research as that is understood to-day. Great strides toward a more complete knowledge of these subjects have been made all over the world during the last half century. The last decade or two in this country has seen a large amount of careful work along these lines, so that information regarding the food materials and food habits of the United States is more complete and systematic than that of any other part of the world. Some of this work has been carried on by private enterprise, but the greater part has been done under the general direction of the United States Department of Agriculture. By means of Congressional appropriations, and with the coöperation of experiment stations, universities and other institutions throughout the country, the Office of Experiment Stations of that department organized a series of studies into many phases of the question of food and nutrition.

When this work was begun there was little classified information available regarding the composition of our American food materials, and the

first need was reliable and uniform analyses of those in common use. Much of the earlier work, therefore, consisted of making, collecting and unifying determinations of the chemical composition of materials in common use; and the results of these studies, together with many analyses made by the Bureau of Chemistry of the United States Department of Agriculture and other agencies, frequently revised and enlarged to keep them up to date, are in general use among dietitians, physicians, teachers, housewives and others who wish to know what proportions of the materials needed by the body are supplied by different kinds of food.

Another feature of the work is the so-called dietary studies—accurate observations of the food bought and actually eaten by families or institutions during a given period, and the determination of the daily amount of the various chemical ingredients which the diet supplies to each person. Almost 500 such studies have been carried on in different parts of the country, in the families of well-to-do professional men, artisans and farmers, among the poor in large cities, negroes of the black belt, white mountaineers of Tennessee and Georgia, Maine lumbermen, Chinese farm-laborers in California, Mexican families in New Mexico, college clubs, athletes, children in orphan asylums, aged men and women in old age homes, and in-



mates of other charitable institutions, etc., etc. It has recently been estimated that 45 per cent. of the total annual income of small wage-earners in the United States is spent for food. Any work which will throw light upon the way in which this vast sum is spent, or tell whether the material it buys is that best suited to the physical and mental welfare of our people, is of the utmost importance, and when such studies lead to suggestions for improvement they are all the more valuable. They are directly useful also in helping to determine the so-called dietary standards. We all know that persons of different age, sex or size, or doing different kinds of work, require different amounts of food, but what the differences are and how they may be best met in planning a daily ration is not so simple. From comparison of dietary studies made with people in varying circumstances, as well as from physiological observations on individuals, authorities in nutrition have been able to say more or less accurately what food should be normally provided under different conditions. For example, according to the generally accepted standard, the daily diet of a man at moderately active work should provide 100 grams, or about  $3\frac{1}{2}$  ounces of the nitrogenous material called protein, which is considered requisite for the building and repair of the tissues and fluids of his body, and total material enough to yield 3,500 calories of energy, which is equivalent to 3,500 times the amount it would require to lift one ton a foot and a half. A man at sedentary occupation or a moderately active woman would require

less, while men at very severe work might need more of both protein and energy. The needs of children of different ages also vary as regards both the quantity and the kind of food. In general, it may be said that their diets should consist of simple dishes made up of a few nutritious materials, such as milk, eggs, meat, bread, simple cereals and vegetables and fruits, and not contain many sweets or other highly flavored articles which tend to spoil the appetite for the more suitable foods.

Of course these standards are not meant to be applied exactly to every case, even among normal adults, any more than a physician who advises patients to walk for their health means to prescribe the exact number of steps to be taken each day. They are intended rather as general guides for persons who have to provide food for homes or for institutions or as a basis for deciding whether or not given diets are adequate for the needs of those who use them.

From these dietary studies the part played by different common food materials in the average American diet has been also worked out; 39 per cent. is of animal and 61 per cent. is of vegetable origin; 16 per cent. comes from all meats, 14 per cent. from beef, veal and pork, while dairy products furnish 18 per cent. Cereals make up 31 per cent., wheat flour and cornmeal being by far the most important items. Vegetables on an average represent 20 per cent. of the total diet, potatoes being used just about as much as all other kinds put together.

Almost as important as the amount of food taken into the body is the

proportion of its nutrients which can by digestion be made actually available for the nourishment of the body—its digestibility. We hear a great deal about this or that material being digestible or indigestible, by which is usually meant the ease or discomfort with which the food is digested. But that is by no means the whole story. Almost no food material is completely digested even by the most healthy body. Certain parts cannot be converted into such form that they may be utilized by the body, but are excreted unused. On the whole, however, our food is rather thoroughly utilized. Of course, to a certain extent different individuals vary in their power of digestion, but among healthy, normal persons these differences are smaller than is generally supposed. In connection with the nutrition investigations of the United States Department of Agriculture, almost 700 "digestion experiments" have been made to obtain information on just these points. From their results it may be stated that a normal, healthy person living on an ordinary mixed diet utilizes very largely the food material supplied, the proportion digested being 92 per cent. of the protein, 95 per cent. of the fat, and 97 per cent. of the carbohydrates in this food. The nutrients of animal origin are more thoroughly utilized than those of vegetable; 97 per cent. of the protein, and 98 per cent. of the nitrogenous constituents of animal foods are digested, as against 92 per cent. of protein and 97 per cent. of carbohydrates of vegetable origin. To express these results in a different way, the healthy body re-

jects only about 5 per cent. of the nutrients, and 9 per cent. of the energy supplied by its food.

The majority of the digestion experiments referred to were made with persons living under normal conditions, but a few were carried out as a part of experiments with a very complicated apparatus known as the respiration calorimeter. This was formerly located at Middletown, Conn., but is now being reërected in the United States Department of Agriculture at Washington. It consists of a chamber with several walls, which is so sensitive that it measures the energy expenditure of even the slightest muscular exertion of the subject within it. There is also an elaborate ventilating system by means of which all air entering and leaving the chamber is tested for the carbon dioxid and water it contains. The subject of an experiment remains in the chamber—large enough to contain folding chair, bed and table and to permit of such exercise as weight-pulling or riding a stationary bicycle—from a few hours to one or two weeks, according to the nature of the experiment. During that period all his food is carefully measured and analyzed, as are also all the bodily excreta. In this way all material entering and leaving the chamber is accurately measured. From the difference between income and outgo of material the amount utilized by the body and many other factors may be calculated. Further, the amount of energy latent in the food consumed and that given off by the body in the form of heat may be compared. Intricate as these comparisons may seem, the calculated amount and that actually

measured have been found to tally within a few calories, thus demonstrating not only the accuracy of the apparatus and methods, but also—what scientists have long believed but never before proved—that the law of the conservation of energy holds in the human body as it does elsewhere. The bodily energy consumed during various kinds of activity may be accurately measured in the respiration calorimeter. For instance, it has been found that on the average a man gives off 25 grams of carbon dioxid and 65 calories of heat per hour during sleep, and 210 grams of carbon dioxid and 600 calories of heat at very severe muscular exercise. Results like these can be used as a check on the dietary standards already described. Moreover, the effect of different diets on the bodily functions can be watched and many facts learned, which are of great importance to the physician, as well as to the home maker and the student of nutrition.

Besides the various groups of investigations already described, the office of experiment stations has directed various special studies into the nature and relative value of individual food materials. These have been carried out mainly in connection with State experiment stations or universities, each institution frequently studying a product especially important in its locality. Thus, the food value of fruit and nuts was investigated in California, the bread-making qualities of different wheat flours were an object of extensive study in Minnesota, elaborate experiments regarding the effect of cooking on meats were carried on in Illinois, etc., etc.

Throughout all these investigations stress has been laid on the importance of making their results easily available to investigators, teachers, housewives, or other persons who need them. The more technical reports have been published in bulletins of the Office of Experiment Stations, which are for sale at very low prices. Popular articles summarizing those of general interest are published for free distribution and may be had on application to the Director of the Office of Experiment Stations, Department of Agriculture, Washington, D. C., or to a Senator or Representative in Congress. The list of these follows:

Farmers' Bulletins Nos. 34, Meats: Composition and Cooking; 74, Milk as Food; 85, Fish as Food; 93, Sugar as Food; 112, Bread and the Principles of Bread Making; 121, Beans, Peas and Other Legumes as Food; 128, Eggs and Their Uses as Food; 142, Principles of Nutrition and Nutritive Value of Food; 182, Poultry as Food; 203, Canned Fruit, Preserves and Jellies: Household Methods of Preparation; 234, The Guinea Fowl and Its Use as Food; 249, Cereal Breakfast Foods; 256, Preparation of Vegetables for the Table; 270, Modern Conveniences for the Farm Home; 293, Use of Fruit as Food; 295, Potatoes and Other Root Crops Used as Food; 298, Food Value of Corn and Corn Products; 332, Nuts and Their Uses as Food; Circular 46 (revised), The Functions and Uses of Food; Wheat Flour and Bread, Reprinted from Yearbook of Department of Agriculture for 1903; The Relation of Nutrition Investigations to Questions of Home Management; Reprinted from

Annual Report of Office of Experiment Stations for 1907.

No bulletins have been published as yet dealing with the general subject of the feeding of children, though some studies with children have been made in connection with the nutrition investigations and considerable data have been collected on the subject. Several of the bulletins

noted above contain information of interest in this connection.

Homemakers who wish to obtain an intelligent understanding of the questions relating to food and nutrition will find in the publications enumerated simple and accurate statements of the most recent investigations and summaries of available data along these lines.

### Boyhood's Training for Selfish Manhood.

Ella Wheeler Wilcox, in a recent article on "Woman's Injustice to Man," clearly presents the responsibility that mothers have in moulding the character of the boy. She says:

"So soon as a male child is born the mother usually begins to spoil him by cultivating his selfish qualities. It is seldom that a mother awakens the young mind of her son in its formative period—from one to fourteen years—to the importance of being orderly, generous, tolerant and charitable. She does not teach him to keep his room picked up—to care for his own clothing in the way of brushing and hanging—to avoid litter and disorder, which entail work for others. Instead, she does all these small services for him, or instructs maids and governesses to do them, and he grows up thinking it is a woman's sphere to follow about and attend upon his small but continual needs.

"It surely is love's privilege and pleasure to serve, but a small boy can be made orderly and self-reliant in these matters of daily life, without ever knowing he is being so made, if a mother is sufficiently just to the child she brings unconsulted into life to realize the importance of such

training. Just so he can be taught to be generous in his impulses and tolerant in his judgment of others. All these qualities mean happiness for the mother, wife and daughter of that child when a man, filling his serious domestic and social offices in life.

"After he is grown and has hardened into the man his mother made him, the injustice of the women with whom he associates begins to affect his character. If he has family, wealth, social prestige, manly beauty or brains to attract them, they accept him with whatever moral derelictions may be his, and make no effort to improve him. They seek only the benefits he may be able to bestow in one way or another by his influence, or the pleasure they may derive from his association. Yet when he marries, the wife who accepted him with all his blemishes begins to illustrate another phase of woman's injustice to man by complaining of his vices and infidelities.

"When he was harming merry lives and breaking social and moral laws in a wholesale manner, she did not object. When he continued in the same line of conduct after marriage she objected merely because it harmed her personally.

## **The Parent and the Sunday-school**

By **GEORGIA LOUISE CHAMBERLIN**

Following the study of the Creation Story a little girl in a Sunday-school came to her teacher a few months since and said, "My papa wants me to ask you, 'Who made God?'" This may have been a jest on the part of a loving but thoughtless parent, and it may have been the facetious questioning of an avowed skeptic. At all events it was a puzzling question to the child and had in it serious possibilities of prevarication and blunder on the part of the inexperienced teacher to whom appeal was made.

Such incidents as these cause the question to be raised: What is the responsibility of parents toward the work of the Sunday-school? No one will deny that the majority of intelligent parents desire to have their children grow into good men and women, that they take great pains to bring about such a result and suffer great anxiety lest their care should be in vain.

Children of the school age are receiving instruction and leadership from others than their parents several hours of each day. How many parents, especially those living in a city, know anything personally about the teachers in the school which their children attend or appreciate the influence of these teachers upon their developing ideals. A glance at the literature of the past decade will show that intelligent parents are waking up to the situation and are looking into the school systems. The emphasis of modern pedagogical writers upon the individual child as a factor in his own

education is exalting the teacher in our great public schools and thousands of private schools to something more than so much arithmetic for so many years. Politicians still control the appointment of many teachers, however, and inefficient school boards are responsible for many more unfortunate misfits. Things are moving rapidly in the field of secular education. There is usually a women's club or an intelligent mother who stirs things up and keeps them continually moving toward a higher level.

Is this saving element to be found in the field of religious education where the Sunday-school holds so conspicuous a position? The question is easily answered by a survey of the neighborhood of any reader of this page. The mothers and fathers are not in the Sunday-school on Sunday in any large number and they do not know what sort of teaching their children are receiving. If a thief or inebriate were found teaching in the school objection would doubtless be made, but any nice girl, a member of the Church, will do to give suggestion and direction to the most important and all-pervading element in the nature of the child, his spiritual life. No one questions her as to her own religious training, her knowledge of the subject she is to teach, or her pedagogical skill. Fortunately for the victim, the teaching is frequently so weak that it cannot take hold and the child is saved from that other great evil, the dogmatism which stunts the spiritual nature, and, instead of de-



veloping the religious life, imposes upon the mind and heart cut and dried formulas which are accepted for a few years and then shaken off, leaving the young man or woman without anchor in the religious realm.

Again the question comes up, suppose parents do recognize the great discrepancy between the attention paid to secular and religious education, what can they do about it? Specialists in religious education are still few, and if they were not the Church has not yet reached a perspective where it owns that the children of the Church are entitled to professional and paid supervision and instruction as well as the people in the pews.

The remedy for these conditions seems to lie in three directions. Parents must themselves become intelligent in regard to the latest and best thought in the method and material of religious education. This does not mean that the middle-aged parent who has brought up in piety and gravitated naturally into the Church, where he or she is now a helpful member, constitutes fitness for the highest religious teaching. Modern psychology has taught many things about the ever-present religious nature of the child (with its "hunger and thirst after righteousness," but its crude standards and its inability to separate itself from the abounding physical and mental energy and develop in a compartment by itself. The unity of the child mind, its kinship with all nature, its peopled realm of the imagination where fairies, gods and angels all alike have power to bring happiness or disaster. What has this delicate, physical, mental and spiritual organism to do with the cold theology of our ancestors, or the

middle-aged attitude of reconciliation to a world full of disappointment and even tragedy? Yet in this credulity, simple faith, tender clinging and whimsical fancy of the child lie the germs of the strong disciple and the aspiring saint. The question whether the road between childhood and sainthood shall be a gradual, steady ascent or a path full of pitfalls is oftentimes decided unwittingly to the child by careless parents or unthinking teachers.

The primary purpose of modern religious education is to so train the child that from birth to manhood or womanhood the religious life which is inherent in every human soul shall be fostered, encouraged and developed in harmony with the developing physical life, and the broadening of mental interests and pursuits. In other words, to round out the education and create the highest and most useful type of man and woman.

Is there an ideal program of education in religious as in secular subjects? Why not? Many thoughtful people are considering what this program should be, but as yet the problem is one of experiment. The most systematic study of the subject, so far as it affects the Sunday-school, is the work of the late Professor Pease, entitled "The Curriculum of the Sunday-school." Many tentative schemes have been prepared, all of them varying in detail, but holding to one or two well-defined general ideas, namely, that the curriculum should provide for the study of the Bible and the lives of the heroes of the Christian faith, and should afford opportunity for the practical application of the principles of the Christian religion to modern conditions, and for such channels

of expression as will foster and strengthen the religious life already awakened.

Two theories are presented by different groups of thinkers as the basis of the program of Biblical study. The first of these groups contends that since in each child the history of the race is recapitulated in education in religion, the Biblical material should be presented in the order of the history of the religious life as it developed in the Bible; that is, primitive stories growing into more systematic history, and finally arriving at the study of the life of Jesus in about the thirteenth year.

The second of these theories suggests the repetition of the three great divisions of Biblical study—the Old Testament, Jesus, and the early Church in each of the great stages of the child's life—childhood, early adolescence, and late adolescence—the material being presented in each period from a point of view peculiarly appropriate to the interests and the mental and spiritual development of that period. Which of these theories is best remains to be proved by experience.

In all of the proposed curricula emphasis is laid in the early years upon stories, the child spirit of play is recognized and provided for, and manual work is planned to keep restless hands busy and to give opportunity for expression. The kindergarten, which has found so warm a welcome in the day school, was at first frowned upon and warned out of the Sunday-school, but to-day it is significant that of the few paid teachers in the Sunday-school the majority are kindergartners. I have before me the year-book of a Sunday-school in a suburban

church where the following are striking features: The kindergarten; textbooks varying in every grade and selected according to the interests and needs of the children in each grade; classes in which children from thirteen to fourteen years of age are carefully prepared for the privileges and responsibilities of church membership in manual work—in the construction of pictures, models, maps, and notebooks, with full equipment for successful work, such as separate classrooms and comfortably adjusted tables and chairs; a special class in the study of missions, aided by maps and stories of missionary heroes, correspondence with missionaries in the field, and opportunity for experience in missionary work in the neighborhood; a children's choir and a family service once a month; classes in the history of Christianity, Christian conduct and Christian belief for the young people; an examination system, with promotions, certificates and diplomas.

This school is but one of many in which the name school is not a misnomer, and education in religion is raising up a trained and intelligent church membership.

A young boy of my acquaintance who had refused to go to Sunday-school for two years, claiming that he was too old for Sunday-school, went into another town where a graded Sunday-school was available. He entered the school at first reluctantly and only because he saw other boys of his own size going. Within two months he was willing to study a difficult lesson, because he would not be allowed to stay in his class unless he came with a prepared lesson. This is the work which can and should be accom-

plished in all schools. A chief hindrance to its progress is the indifference of parents. If this seems an unjust placing of responsibility let us take an individual church and test the truth of the statement.

Take for example the school in any church with which the reader of this article may be connected. It almost goes without saying that it is an old-fashioned ungraded school. Let the reader first investigate this school, note the ideals of the superintendent as visible in the workings of the school, the spiritual and mental equipment of the teachers, the lessons and text-books used by pupils and teachers, the teachers' library, if there is one. What incentives are given the pupils for study? Are there examinations, promotions and opportunities for expression of benevolence and sympathy? Is the pastor looking after the children who ought to be learning something of the church and the privileges and duties of membership in it? Such an investigation can be made quietly and unostentatiously, especially if one has children in the school. In this investigation one thing is pretty sure to come to light; that is, the existence of some one or two persons who are dissatisfied with the present conditions and would like to bring about a change. Perhaps one of these may be a public school teacher who finds herself almost alone in her effort to do as good work in her Sunday teaching as in her week-day school.

It is hardly necessary to develop here how, little by little, these two dissatisfied people—the investigating parent, representing the home; the teacher, the school—may bring about a complete reform by becoming them-

selves intelligent as to the best course of study, the best plan or organization, the most successful experiments in teacher training, the most satisfactory method of giving direction to the religious activities of the children. Pressure upward in the encouragement of the best teachers, pressure downward upon those who are by nature and lack of preparation unfit to teach, will bring the withdrawal of the latter and additions to the former class until the teaching staff has become an efficient force.

If the superintendent is a capable business man, who can conduct an orderly Sunday-school with promptness, precision and accuracy, but who has little practical knowledge, he will doubtless be glad of the suggestion that he appoint a superintendent of instruction, whose whole business will be to arrange the curriculum, choose the text-books, select teachers, give examinations and present names for certificates. Such a person can usually be found among the educational forces of the town.

But when all has been done to set the school in order, has the parent then done all his duty? The Sunday-school holds only one session a week. What of the religious training of the child in the intervening days? Again, our scheme of education has formerly been presented in compartments with the religious compartment closed on week-days. After all, the gravest question that confronts the parent is, granting that a religious impulse is awakened by the Sunday hour, how shall the Monday's program of work or pleasure encourage this attitude and give it opportunity for healthy expression?

For instance, suppose the story of

the sinless youth of Jesus has awakened aspirations for a similar experience, the opportunities which the parent may embrace for aiding and supplementing the childish resolve are unlimited. The difficulty lies in the fact that parents do not *know* what religious emotion is filling the heart of the child as a result of Sunday's work. The best results can only be obtained when parent and teacher work hand in hand, when in all difficulties the teacher appeals to the parent and the parent to the teacher. When neither attempts to develop an important teaching without the coöperation of the other, when the child is conscious of the close relation existing between parent and teacher, and responds to both in the religious realm, as in the world of play and study.

Religion is not a separate section of the child's spiritual activities but the all-embracing life of the soul. Conduct is one of the expressions of this life, his manifold interests are another, his sympathy with nature and the animal world another, his love of the supernatural another.

There is no impression without expression. If opportunity is not afforded for legitimate expression the impression is lost. The Sunday-school can provide Bible study, manual work, cheerful musical exercises and the voice of prayer, but means for developing unselfishness, kindness, love, helpfulness, a sweet and happy spirit more appropriate to the home and to the daily life must remain the problem of the parent.

We are just passing through a period in which many people have felt themselves too well educated and too modern to be religious. The next generation will see a return to emphasis upon the religious life, a return not to the old inheritance of dogmatism and exclusiveness, but to a larger faith in the upward trend of goodness and the ultimate triumph of righteousness. Let us help to bring this change about by seeing that the children are educated in the history, the ideals, the literature, the activities of a well rounded religious attitude of mind which will render them a helpful element in the onward movement.

Mosso in his book on fear strongly expresses his views. He says: "The one who brings up a child represents its brain. Every ugly thing told to the child, every shock, every fright given him will remain like minute splinters in the flesh to torture him all his life long. . . . The paramount object of education should be to increase the strength of man. Children whom parents teach to attribute so

much importance to every little pain or difficulty are thus predisposed to hypochondria and cowardice. . . . The future and power of a nation do not lie solely in its commerce, its science or its army, but in the hearts of its citizens, the courage or cowardice of its sons." Let us remember that abnormal fear is a disease to be cured. The brave may fail sometimes, but the coward fails always.

## Physical and Moral Hygiene of the Child and of the Home

By ROBERT N. WILLSON, M.D.

Only ten years ago false modesty withheld from American women the right to know of the existence of contagious and infectious diseases which threatened their health, brought many of them to the surgical table and left many who survived no longer useful women, but sexless invalids. At the same time our children were in many instances subjected to exposure to contagious diseases, the existence and the imminence of which their natural protectors, American mothers, were not even aware. Few women knew at that time that thousands of children are born annually diseased, crippled and many with the immediate prospect of death as the result of these social diseases, free discussion of which was impossible owing to ignorance of their nature and origin. Even to-day is heard an occasional demand on the part of a given community for the regulation of vice, the licensing of houses of ill-fame and the legalization in this way of the spread of social disease. American mothers have not realized that their voice, and their voice only, is needed to put an end to the double standard of morals that has existed to the shame of mankind from time immemorial. Only to-day are the facts being placed in the hands of women who can be trusted to use them sensibly and with judgment and for the best good to themselves and their children. I am here to-day to say to you that there is an ever-growing body of American men ready for the

first time to place in the hands of such women as are willing to assert their free-born right the arms and equipment necessary to bring them into possession of their own. There is no longer the necessity for such a condition of affairs, if it ever existed in the past. Women should not allow it to be true that 50 per cent. of all our young men contract some form of social disease before they attain years of full discretion. They only have the matter in their control, and them only will the young men respect and obey. Their will must be known, moreover, before it can be executed. As an argument, physical welfare means nothing to men compared with the clearly expressed respect and opinion of intelligently informed womenkind. No fewer than 800,000 young men come to maturity in this land every year. A great majority of these marry American girls, and certainly not less than one-half of this army carry with them into wedlock at least the possibility of infecting clean and innocent wives, and through them of being responsible for the birth of diseased, helpless, crippled or still-born children. These facts are not pleasant, but if true they belong to the mothers and daughters of this land for their self-protection. If the women do not wish to possess them for their own sakes, they dare not refuse them for the sake of their children. As long as American women refuse to give heed, just so long will American



men refuse to pay them their due, and just so long will they fail to assure themselves of happy marriages, of happy homes, of healthy lives and of children who shall be other than a sorrow and a care. I could bring you statistics and instances to prove that the well-to-do suffer in almost the same measure as those whom we improperly call the lower classes. If I had unlimited time I could make clear to you the sadness in many a home as the result of the premarital ignorance of our young women with regard to the existence of and danger from social disease. It is my wish to-night to urge you to inquire and to learn. Your family physician is the natural and the proper instructor of the home. He is willing to-day for the first time to give you information that is vital to the integrity of your home circle. If your home is broken through influences such as these to which I have referred, you, and only you, from to-day must bear the blame. Your men will leave clean lives when you demand that their lives shall be clean as your

own, and when you enforce that demand. I speak to you from the standpoint of a father of a little girl who has no alternative other than to throw around her the protection obtained from frank knowledge of facts like these, unless it be perhaps to see her marry some man who shall bring with marriage eternal distress, and perhaps even death, instead of a life of cheer and the brightness and dignity of a home. There is no mother who does not face the danger of social disease in her boy or girl. There is no mother that has not the opportunity of preventing such a catastrophe if she acts now and with a view to all time. God grant that the women of our land may not tarry too long over their decision to accept the offer of help from earnest men to establish a single standard of morals that shall for the first time in truth place this country in the position that its men have been proud to claim for it, one in which their women and children rank next to their God, and in which their first and last interest is the home.

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## The Tonic of Outgo

Life is found to be worth living only as we learn to spend ourselves in some form of constant outgo. Life becomes unspeakably burdensome to any one who lives chiefly that others may spend themselves for him or her. The wife of a multi-millionaire was going to pieces from nervous prostration. Everything had been tried in the way of a cure, and had failed. As

a last resort, her physician advised her husband to seem to lose all his money, and begin life over again, a bankrupt. This was done, and the wife found herself faced with the necessity of running a small household on a very scant income. The cure was complete. We must use ourselves up in unselfish service if we would taste the joys of really living.

## The Care of the Child in School

By E. G. WHINNA, M.D., Medical Inspector of Schools

How can we judge of a civilization, and is there any standard by which we may gauge its power and significance?

It has been claimed that the standing of woman in the community, the respect shown to her, the assurance that her rights will be protected, may be regarded as an unfailing evidence of civilized conditions. The financier is inclined to regard that nation as leading the others in the march of progress which controls the finances of the world. The engineer takes his measure of value according to the amount and efficiency of machinery used for the manufacture of goods. In the domain of transportation most is made of the proportion of railroad lines to the area, or perhaps the population, of a country. So every one uses the measure to which he is accustomed in his own home, his trade, or his own vocation, and even the soap manufacturer gauges the civilization of a people according to the consumption of soap. But if we attribute to the parent the sentiment that the rank of a community in the scale of progress should range according to the significance ascribed to the education of children, we would perhaps have an indicator that comes nearest to the real criterion of true culture.

The entrance of a child into school life marks sharply his passing out from babyhood with its tender, constant care. It is the first flight from the home nest, the first stroke to sever the cable making the child dependent on his parents, which strand by strand is cut until he becomes an in-

dependent being, capable of caring for himself.

Many a mother feels the wrench of this passing of her child to the training and teaching of others, and while her heart is full of solicitude, like the mother bird in the forest tree, yet instinct tells her, too, that the first flight must come. Though there are tears in her eyes, she resolutely leaves her child in the busy school room, where the little face, the center of the home life, is lost in the mass of other eager childish faces, each as precious to some other mother as her own to her. While the mother is apt to sentimentalize over the stepping of the little one from her arms, she instinctively readjusts herself more or less quickly, and soon her transient grief is lost in pride in his improvement. With the child, however, this passing into school life is not so quickly over. He may start out proudly important and self-reliant, or he may go shyly, timidly, fearfully, but the harness of training galls the little shoulders, even if it be adjusted ever so loosely. It is hard to be one of many instead of the one. It is trying to wait one's turn for help or encouragement. There is much a mother can do to help her children through this transition period. The first thing mothers should see to is the physical state of the child. It is not enough that he should be thought well. He should be daily watched to see that he keeps well. If there is a flagging appetite or evidence of physical disorder, it should never be passed over lightly. The disturbance should be looked into

thoroughly, but without fussiness, and if possible the cause removed. More than half of the diseases of childhood are caused by "taking cold."

There is probably no question concerning which the watchful mother is more curious than whether or not there is any contagious disease prevalent in the neighborhood. Every physician is familiar with the query: "Have you any cases of fever, doctor?" or "Is there any epidemic in the neighborhood?" which is usually followed by the explanatory remark, "You know, none of our children have had the measles," or "Only Betty has had scarlet fever, though they have all had the whooping cough." The question is significant. The thought in the anxious mother's mind is to keep Bertie and his brothers or sisters as far as possible from infection, or more correctly to keep infection as far as possible from them. While this is true of most parents, it is not universally so, for the argument is frequently heard, "Oh, the measles that are 'going' are of a mild type; it is just as well the children should take them now and have it over," and I have even known them to go so far as to take their well children to houses where measles existed, and place them in the same bed with the child suffering from measles. Jenner tells us that the same thing was common in his day, when parents intentionally exposed their children to smallpox under the idea that they would have it sometime, and that it was just as convenient to have it then as later. In this matter of children's diseases, it is a good practice which aims at putting the evil day as far off as possible, and this for several reasons.

First of all, the character and sever-

ity of the attack cannot be foreknown. Slight and apparently insignificant cases of scarlet fever may be followed by the most malignant. The mildest cases of measles may develop severe and fatal bronchi-pneumonia. One child may have whooping cough with paroxysms so few and slight that there may be a doubt as to the correctness of the diagnosis, but may then communicate the disease to another child, who has it in greatest intensity. Apparently simple cases of tonsilitis and "sore throat" may propagate the formidable diphtheria.

In the second place, in all these contagious diseases, the danger to life is in inverse ratio to the age of the child. The younger it is, the more likely it is to succumb. As for instance, in whooping cough, 40 per cent. of the mortality is in children under one year of age, 30 per cent. during the second year of life, 15 per cent. in the third, 6 per cent. in the fourth, and only 9 per cent. in all the subsequent years of life.

On measles the same rule holds good, and after the fifth year the proportion of deaths to cases is enormously diminished.

In shielding a child against the infection of scarlet fever, two things are positively gained. Every year of escape renders him less susceptible to the disease. To be sure even adults do take the disease, but the probability of an adult taking this or any other of these infectious diseases is infinitesimal.

Secondly, even if the child does take the disease ultimately, every year that the attack is deferred reduces the danger which it brings.

In other words, attacks of scarlet fever become less frequent and less se-

vere with every year of age after the fifth. The same is true with almost equal force of every other infectious disease of childhood.

Coming now to the practical point as to how the child may be shielded from infection, it is evident that the most important consideration is the isolation of those already ill, and who, therefore, are capable of conveying infection to the healthy. Whenever a child shows signs of fever he should be separated from the other children until such time as it can be determined that the disease is not a contagious one. This is the more important if it is known that one of the contagious diseases is prevalent in the neighborhood, but it is a safe rule to follow at all times during that preliminary period, where languor, feverishness, and mental perturbation give evidence of trouble at hand.

There is another very important means of shielding the child from contagious diseases.

There are in the blood innumerable microscopic organisms whose function it is to wage war upon the germs of contagious diseases that find entrance into the body. The activity and potency of these organisms depend upon the general vitality of the body. The ways and means necessary to keep these defenders of the system in the best possible condition to do battle with the greatest chance of success, are those calculated to improve the general health, plenty of sunshine, fresh air and outdoor exercise, warm and suitable clothing, a proper quantity of wholesome food, and general attention to the functions of the skin and excretory organs.

This method of preserving children from scarlet fever, measles and kin-

dred ills, has the merit of being common sense and rational and should be especially practiced at such times as contagion abounds.

Your child cannot do good work in the school and be advanced as he should be, if he is unable to hear distinctly what the teacher says to the class, or if his vision is so poor that he is unable to see the work on the blackboard, or the letters in his books. Frequently the teacher has occasion to send a note home recommending that Johnnie have his eyes examined for glasses, as his vision is so poor that he cannot prepare his lessons properly, and she gets a reply like this, "There is nothing the matter with Johnnie's eyes. If he can't see, move his seat nearer the blackboard. If he does not learn his lessons, keep him in after school until he does learn them, that's what you are paid for."

I had occasion to examine two boys, who had been referred to me by the principal on account of defective vision. Upon examination I found that one of them could only see the first line on the card; and the other one could only see the second, whereas they should have been able to see the eighth line at a distance of 15 feet. I sent a note home stating the conditions as I found them, and the father sent word back that the boys could see well enough. It was only after my threatening to exclude them both from school that he consented to have their eyes examined for glasses, and then instead of sending them to an oculist or a hospital, he sent them to an optician's store where the glasses were prescribed. Their vision, however, even after this inadequate treatment was so much improved that they could read the sixth line from the top on the

card, and their work in the classroom has improved accordingly. Sometimes glasses are needed, even where the vision appears to be normal. This condition is known as eyestrain, and can only be detected and corrected by using a mydriatic to put the ciliary muscle at rest, so we can measure the latent refractive error. You know that some persons are made dizzy by looking from a height or inspecting a waterfall; you have seen people made "sick at the stomach" by trying on glasses which gave relief to a friend. A "squint" in the eye is often due to some defect in the refraction, and will frequently disappear when the proper glasses are prescribed, without recourse to cutting the muscle. Did it ever occur to you that sight is the only special sense which we use constantly except during sleep? There is not a moment of the day when we are not acquiring visual impressions of some kind. Parents will frequently tell you how the child can see things with distinctness, which possibly they themselves cannot see at all; the idea seems absurd to them that the vision of the child is defective. The use of glasses seems unnecessary to them as long as

the child can get along without them. In some cases no amount of explanation will persuade the parents to have a mydriatic used upon the child's eyes in order to decide the question of the existence of latent refractive error. There is a prejudice among some people against glasses, because "a person becomes so dependent upon them when he once puts them on." This argument should be exactly reversed. Because nature becomes dependent upon a glass which gives relief and corrects an existing strain upon the eye, no time should be lost in affording this relief. Should a hip joint splint be avoided because the patient feels his dependence upon the splint? Should a child be allowed to go through life with a deformed eye simply because the defect is not apparent to himself or his friends? More harm is being done to-day to the community at large by this fallacious argument than is possible to compute. Thousands of sufferers from sick headache are to-day struggling along through life with an optical defect uncorrected, and in many instances, after costly experimentation with drugs, are left in despair of cure.

## "Childhood"

By GERALDINE HAYDEN

Fair as a star, rare as a star,  
The joys of future lie  
To the eyes of a child, to the sighs of  
a child,  
Heavenly, far, and high!  
Fair as a dream, rare as a dream,  
The hopes of a future sure  
To the wondering child, to the blundering  
child,

Fanciful, free, and pure.  
Fair is the soul, rare is the soul  
Who has kept after youth has  
passed  
All the art of the child, all the heart of  
the child,  
Holding his childhood fast.

—*All-Story Magazine.*



## The College Woman and Motherhood

The fact that two generations of college women have reached mature life and the older generation is now passing off the stage makes it safe to judge what effect the so-called higher education is to have upon our women.

Now and again some belated scientist or newspaper writer still finds cause for alarm in the attitude of the college girl toward matrimony and the bearing of children.

All these arguments are confuted by experience. No one can prove that college girls show any reluctance to marry, and President Thomas, of Bryn Mawr has shown that the diminishing birth-rate indicates a general change in social conditions, and is not peculiar to the class of educated women.

The college girl is not put through the regular marrying-mill called "society," of course. While the fashionable, or ambitious mamma is bedecking her daughter with finery, exhibiting her in the matrimonial market, and working her off on the highest bidder, the college girl is enjoying the simplicity of school-life with her fellows. One is living in hot rooms, keeping late hours, stimulated with constant excitement, unwholesome food and drinks. The other is living a sane and orderly existence, training her body in the gymnasium, filling her mind with resourceful knowledge, and having her share of quiet wholesome fun as the days pass by.

One expects to marry just as much as the other. That is the natural and proper expectation in every healthy female mind.

The girl launched into society at

eighteen or thereabouts, who does not secure a "match" within the first two years of her *début*, is considered to be a failure. Life is a perfect misery to many a one who does not "catch on," who does not prove immensely attractive to the other sex, gain newspaper praise and a circle of adulation. "Mamma's heart is broken because I am not a success," wailed one of these to an elderly friend at the end of her first season. "We've spent money like water. We haven't had a night's sleep for months, and we are both nervous wrecks on our way to Europe to recuperate." "No mother," said another, "I'm sorry to disappoint you, but I shall go to no more of these dinners and balls."

"But you've only just come out, my dear, the season isn't half over."

"I know, but I've learned to hate it all. This constant worry over my clothes; this seeking after place; this anxiety lest I shall not get my share of attention; this standing around at teas and trying to look interested in a hundred people at once; this meeting the same faces at dinner after dinner, until you are absolutely talked out and haven't a thing to say to any of them; this coquetting with vapid old beaux who have come mincing down to us from former generations, because you haven't the beauty or the money to attract the young and eligible. No, mother, it's true I've just 'come out,' and it's equally true that now I'm 'coming in.'" But not many young girls have such decision of character, and the result is that they are found after a year or two hang-

ing around on the edge of social life, eclipsed by the younger beauties "brought out" every season, and wishing with all their hearts they had some real purpose in life, some real fitness for anything.

About this time the girl who went to college at eighteen has reached her graduation, and is ready for matrimony or other life work. Now which of the two would appear to have the best equipment for the stress and strain of married life? It seems to me any sensible young man would place his happiness in the hands of the college girl. She may not have been the choicest girl of her mother's flock, perhaps not the most courted by

society, but when children come to her all the inherited instinct of motherhood is supplemented by a trained and disciplined mind. She will not ignorantly stupefy her infant with drugs, nor strap it with bandages, nor feed it with cake and ice cream, nor dress it in ruffles, nor rouse it out of sleep for the pleasure of visitors. As the child grows older she will keep pace with its education. No boy of hers will get to that sorrowful age when he feels that he knows a great deal more than his mother. She can be his companion and friend for all time, for she can rise out of the mere motherhood of the body to the greater motherhood of the developing soul.

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## Hygienic Training of Women

GOTTHOLD PANNIWITZ, M. D.

"Man is never entirely free and independent of the influence of his neighbors. Only the initiated can distinguish, in the great variety of living matter with which they come in contact, the poisonous from the inert, the dangerous from the harmless, the hygienic from the unhygienic. For the mass of workers and pleasure-seekers this living matter contains innumerable bodily dangers in the form of diseases, which can be avoided by the human mind only by the aid of fresh discoveries and inventions, and by forcing the laws of nature to do man's will.

"In the present stage of our development tuberculosis must be placed in the first rank among the dangerous accessory phenomena of social life. This disease, which has been known for centuries, has increased its bane-

ful influence immeasurably with the spread of mankind over the earth and the increasing density of the population, until it makes itself felt everywhere—on the throne as well as in the cottage. Every third death during the working period of life is caused by pulmonary tuberculosis; every other workman who becomes incapacitated must ascribe his condition to tuberculosis.

"In dealing with a scourge like tuberculosis, an anti-tuberculosis education is necessary—starting in the family and the nursery and pursued intelligently in school and in civil life. In this respect efforts must center in the education of women for the duties of wife and mother. How is the dwelling to be kept clean? How is the family to be intelligently fed? How are the children to be taught, if

the women, owing to mistaken social ideas, enter the state of matrimony lacking the most elementary knowledge of housekeeping, cooking and the care of children? And how is this knowledge to be acquired if girls are permitted to enter the factory as soon as they have reached the legal age instead of familiarizing themselves with the principles of sanitary housekeeping, either in the parental or in some other household? It is a mistake to suppose that these are all matters that anybody knows as a matter of course and without instructions, or that they can be acquired without trouble after marriage. A proper hygienic education includes a multitude of rules and technicalities, the neglect of which at once makes itself felt, to the economic, sanitary and moral injury of the family.

"I wish to lay special stress on this phase of the fight against tuberculosis, because its importance is unfortunately too little recognized by the educated classes of society. It is my opinion that among the civic activities of women and women's clubs and associations, none is more important than that which takes this for the starting point and has for its object to educate our young women to become thorough housewives and thereby efficient guardians of the public health.

"The decadence of housewifery lore is a more serious social evil than any which threatens our women, in the highest as well as the lowest layers of society. Every woman, whether

her thoughts be solely occupied with her own family or she center her interests beyond its narrow circle in civic affairs, should realize that this is the true sphere of her social activity; that this is the nucleus of the woman question."

The knowledge, widespread in recent years, that tuberculosis is curable has led in Germany to the reduction of actual insurance risks on workmen's lives by prophylactic treatment of those exposed to infection. From 30,000 to 40,000 tuberculous workmen pass every year through 100 free sanatoriums in that country, of whom an average of 75 per cent. are cured, and are able thereafter to support their families for years to come. He showed that in five years the treatment of 159,802 tuberculous persons had added to the earned wealth of the nation almost 250,000,000 marks.

"In closing I wish to make an appeal for the universal establishment of sanatoriums for children. Whatever we do for the children is for the good of future generations. The fight against tuberculosis is in the last analysis an education of the people in social hygiene, and every kind of education should begin in childhood. There is, besides, a deeply rooted desire in the human heart to take care of the children. The best way to arouse a love for one's neighbor is an appeal in behalf of the little ones. It offers the most effectual means of overcoming the reluctance of the selfish."

## Adenoids and Mouth Breathing as Causes of Disease in Children

By W. G. B. HARLAND, M.D.\*

*Instructor in Diseases of the Nose and Throat at the University of Pennsylvania; Instructor in Diseases of the Ear at the Polyclinic College for Graduates of Medicine, Philadelphia.*

At the risk of giving details already familiar to the reader, I propose to outline briefly the views held by the medical profession regarding the seriousness of adenoids and mouth breathing as causes of disease. These beliefs are founded upon careful study of many cases, and their truth has been demonstrated beyond doubt.

In order to understand the subject one must realize the great importance of respiration as a function of life. Everyone has been taught in a general way that an abundance of pure air is a primary requisite of good health, that the air in the lung gives up oxygen to the blood and takes from it poisonous waste materials brought from all parts of the body, and that a person surely dies when deprived of air for five or ten minutes; but most people do not know that even the purest air needs to undergo special preparation before it can enter the larynx and lungs without harm. Nature has arranged the nose to take care of this preparation; air, by coming in contact with the mucous membrane that lines the nose, is warmed to body temperature, is saturated with moisture, and is cleared of dust and bacteria. It is most important, therefore, for the good health of the individual, not only that the lungs should expand fully, but also that air should pass freely to and fro through the nose. All children naturally

breathe through the nose unless some form of nasal obstruction exists.

The most usual cause of nasal obstruction and of mouth breathing in children is the presence of a growth, or tonsil, situated in the upper back part of the throat, which is called the pharyngeal tonsil or adenoid. Other much less frequent causes of nasal obstruction in children are nasal diphtheria, the presence of a foreign body put into the nose by the child itself, injuries, twistings of the nasal partition and overgrowths of the normal tissues of the nose. These latter causes occur so infrequently in children as to make discussion of them at this time unnecessary.

Adenoids. To a greater or less degree lymphoid, or adenoid, tissue is present in every child's throat, being found not only on the upper posterior wall of the throat and at the sides where the mouth meets the throat, but also in small scattered patches all about the throat. Lymphatics, which represent the drainage system of the body, lead from the tonsils to the lymph glands at the sides of the neck, and these in turn empty through other glands and lymph vessels into the blood just before it enters the heart. Probably the function of the normal tonsil is to offer a barrier to the entrance of organisms into the deeper tissues at a point which, by its loca-

\* Deceased.

tion and construction, is especially open to infection, and possibly the tonsils help to form some substance necessary for the welfare of the individual. Just how the tonsil acts in preventing the infection from entering the body is an intricate problem that has not been entirely solved. We know that inanimate foreign material can penetrate the covering of the tonsil more readily than living bacteria, and that a battle ensues between the tissues and any bacilli which enter, a battle that is continued on into the lymphatic glands until the microorganisms are either conquered or pass finally into the blood. Thus an enlargement of the glands at the side of the neck often is evidence of tonsillar infection.

The adenoids and other tonsils become enlarged, sometimes as the result of a constitutional tendency toward overgrowth of lymphatic tissue, more often as the result of irritation. The third or fourth year is the age when children begin to show the presence of tonsillar enlargement by breathing through the mouth, though this symptom may commence earlier. Sometimes no trouble is experienced until after an attack of measles, scarlet fever or other disease in which the throat is affected. Increase in the size of the tonsil does not indicate increased functional power against infection; rather it means a condition of infection of the tonsil. Adenoids are subject to congestions and easily become inflamed, which inflammation may be accompanied by sore throat and general malaise, together with the secretion of thick mucus or phlegm. Inflammation and enlargement of the pharyngeal tonsil lead to mouth breathing, and directly and indirectly

to the many unfortunate results enumerated below. After the twelfth year the upper part of the throat tends to expand rapidly, in this way relieving the obstruction caused by adenoids, and about the fifteenth year tonsillar tissue all over the body begins to atrophy; these two circumstances, to a certain extent, justify the saying that children outgrow adenoids.

Harm is wrought in two ways by adenoids when enlarged. In the first the bad effects are due to chronic inflammation of the tonsil leading to chronic congestion and catarrhal inflammation of neighboring parts—of the mucous membrane lining the nose, eustachian tubes, larynx and lungs—causing colds in the head, earache and deafness, laryngitis and bronchitis. The tonsil may afford entrance to microorganisms, becoming itself infected, and passing on infection to the lymph glands of the neck, and in that way to the blood, tuberculous glands of the neck being examples of this process. The second way in which adenoids do harm is by mechanically obstructing nasal respiration. The mouth breathing that results does not supply sufficient air to allow full expansion of the lungs, and the bones and muscles of the nose and mouth undergo certain changes in their development that are harmful and most characteristic of the disease—for example, the short upper lip and Cupid's-bow mouth, irregular teeth, and narrowing of the palate are some of the signs and results of adenoids. These children are flat chested as a rule, and anæmic from air starvation. The faucial tonsils are exposed to greater chances of irritation and infection than in the normal nose-



breathing child, and are apt to become enlarged and the seat of acute inflammation (tonsilitis). Cold, dry air striking the larynx is prone to cause spasmodic croup and laryngitis. Interference with nasal breathing disturbs the sleep of the child—it is restless at night, usually snores a great deal and may be troubled with enuresis (wetting the bed). Lack of sound sleep prevents proper recuperation of the nervous system, and these children are often very nervous; some of them seem superficially bright, others seem dull and heavy, especially when ear congestion has resulted in deafness.

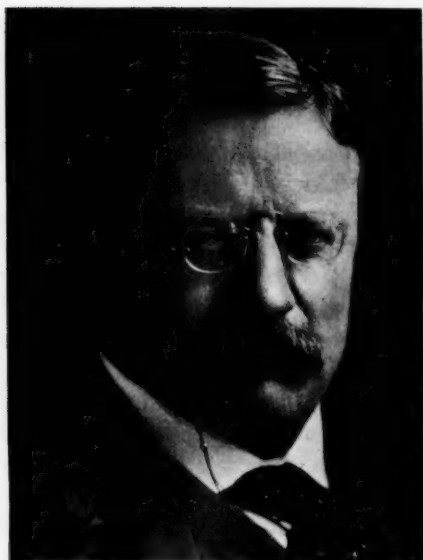
Remote effects. Occasionally adenoids and enlarged tonsils persist on into adult life, though in most instances they tend to disappear. Even when the growths do subside, the effects of their former existence will as a rule continue. The mucous lining of the respiratory tract remains the seat of chronic inflammation, the person is still subject to colds and sore throat, deafness continues to grow steadily worse, the lungs are delicate, the nervous system not as strong as it should be, and the digestive apparatus not in good condition. It is likely that rheumatic affections are sometimes due to poisons entering through the tonsils, and that tuberculosis also is sometimes contracted through this avenue.

It must not be gathered from what has been said that every case of ade-

noids is going to suffer from all the maladies mentioned above, for, of course, such is not the case. My effort has been to show how many dissimilar diseases may be traced back to a common source, and what unfortunate results sometimes follow this apparently harmless condition when allowed to go untreated.

The only treatment that is of value is the removal of the adenoids under ether or other anesthetic. The operation takes only a few minutes and the unconscious state of the child allows it to be made complete. Recurrences are rare.

In conclusion, it may be taken as a safe rule that adenoids should be removed in children if there is enlargement of the faucial tonsils, if there are attacks of croup, or if the child has frequent colds, sore throat, or gives other evidences of throat infection or nasal obstruction. By exercising these growths not only do we save children from immediate drains upon their vitality but also, perhaps, from serious infection later on in life. The operation is a simple and safe one. Practically it is found that faucial tonsils do not have the same tendency to grow again after removal if the adenoids are removed also; further, the removal of adenoids in cases of spasmodic croup often markedly diminishes the severity and frequency of the attacks, and lastly, after the adenoid operation there is an improvement in the general health of the patient that is most gratifying.



PRESIDENT ROOSEVELT  
*Head of Advisory Council National  
Congress of Mothers*



MRS. ROOSEVELT  
*Life Member*

The close of Theodore Roosevelt's term as President of the United States is at hand. Since he was Governor of New York, he has been at the head of the Advisory Council of the National Congress of Mothers. For eight years he has guided the policy of this nation. No previous President has ever taken the vital interest in so many different things as he has. No other has had a deeper desire to benefit every class of society.

The children, however, have always held a large place in his heart. Every door of opportunity has been opened to aid movements for their welfare. However engrossing the cares of state might be he always found time to listen to the pleas for the children. He it was who endorsed the call to every nation to send delegates to the First International Congress in America on the Welfare of the Child. He it was who called together leaders in chil-

dren's work to consider the needs of dependent and neglected children. He it was who gave earnest endorsement to the playground movement, to the protection of children from unsuitable labor, to the establishment of a Children's Bureau.

In the prime of manhood, Theodore Roosevelt retires from the Presidency; the years that lie before him offer even greater opportunity for service, and his work is not finished.

Mrs. Roosevelt has had the duty of bringing up a family in the limelight of public life. She has been singularly successful in keeping the privacy of the home. As a sensible, wise, thoughtful mother and devoted comrade to her husband, she has been an example to all mothers. Her interest in the Congress has been just as deep as President Roosevelt's. She is a life member, and has always greeted with warmest hospitality the mothers of the National Congress,

## State News

## ARIZONA.

The Arizona Congress held its annual meeting January 29th. There was a marked increase in interest. Mrs. Emery Kays, who has led the work devotedly through the trying period of infancy, is greatly encouraged in the outlook for the future. She was unanimously elected as President, Mrs. A. A. Wilson, as Secretary-Treasurer, and Mrs. Ancil Martin as Vice-President—and a strong, earnest board of managers was chosen.

Plans to reach other school districts have been formed and the MAGAZINE will hear from the work in Arizona hereafter.

## IOWA.

The Iowa Congress is steadily extending the work throughout the State. Mrs. Watts has visited Mason City and Hampton recently and was received with enthusiastic interest. There are nineteen Mothers' Circles in Des Moines. Mrs. Walter S. Brown is chairman of Congress Extension. The Juvenile Court Committee are working for an act to hold those responsible who cause children to commit crime—and to raise the age for probation from sixteen to eighteen years.

## CALIFORNIA.

The San Francisco Congress of Mothers and Parent-Teacher Associations has joined the ranks of the National Congress of Mothers. Mothers' Circles and Parents' Associations in and near San Francisco were called together in November,

and the above name was formally adopted. The organization committee includes women of wide influence and deep earnestness in the cause which they represent. Miss Florence Musto is President of the committee; Mrs. H. Otis Brun, Corresponding Secretary, and Mrs. L. M. O'Neal, Recording Secretary.

The extension of the work in California for the welfare of the child, and the opportunities for parents to study its needs in home, school and State is encouraging. Los Angeles, Pasadena and San Francisco are in the lead.

## MARYLAND.

Baltimore Congress of Mothers' and Parent-Teachers' Associations.

The Baltimore Congress of Mothers and Parent-Teacher Associations was organized in Baltimore, January 15th. The meeting was held at the Eastern High School. Mrs. John S. Fulton was elected President, and Mrs. James H. Patton, Secretary. The Baltimore Congress includes the parent-teachers' associations of the city and county. Mr. James H. Van Sickle, Superintendent of Schools, was among the speakers, and spoke in warm terms of the work the parents' associations had done, and predicted still better work with the associations joined in a Mothers' Congress. Mr. Robert H. Wright, Principal of the Eastern High School, and Mr. Albert S. Cook, representing Baltimore county, also spoke. The reports of the group principals of the city schools showed that the growth of parents' associations looking to the welfare of

the child has been wonderful during the last two years.

#### RHODE ISLAND.

Rhode Island has formed a State branch of the National Congress of Mothers. Mrs. Thaddeus Hayden, president of the Providence Mothers' Club, took the initiative in this, and was earnestly supported in it by Mrs. Hasbrouk, president Rhode Island Federation of Women's Clubs. Each State that unites in the national work for the welfare of the child strengthens it, and also gains strength. The National Congress of Mothers extends the warmest welcome to its youngest member. There is a great work to be done for the children of Rhode Island, and no one can do as much as the mothers of the State organized to study conditions affecting children with the purpose of improving them.

#### IDAHO.

The Idaho Congress of Mothers has appointed the following committees for State work, and requests correspondence from Idaho women interested in different branches of the work: Membership Committee: Mrs. James McGee, Nampa; Mrs. De Givens, Orofino. Finance: Mrs. K. I. Perky, 1207 Washington Street, Boise. Legislative: Mrs. E. J. Nichols, Boise. Parent-Teacher Organizations: Mrs. Hiram French, Moscow; Mrs. C. H. Lingenfelder, 129 Washington Street, Boise. Household Economics: Mrs. S. H. Hays, West Franklin Street, Boise. Child Labor: Mrs. Fred Pittenger, 148 East Jefferson Street, Boise. Constitution: Mrs. James McGee, Mrs. Givens, Mrs. Perky. President, Mrs. J. H. Barton, 1210 Idaho Street, Boise, Idaho.

#### ALBANY MOTHERS' CLUB.

The New York Mothers' club began its existence in the month of January, 1900. It had scarcely recognized itself as an entity when plans were formed to establish a playground for children during the summer months when the schools were closed. At that time there were no playgrounds in Albany and few in the entire country. These plans met with instant recognition by city officials and philanthropic citizens. From year to year various features have been added by the city until now fairly well equipped playgrounds are in existence. For nine summers a playground has been conducted at Beaver park and for two summers one at Dudley park. The money necessary to carry on this enterprise is contributed annually by generous Albanians, who appreciate the need and merit of the work. Dolls and other toys are supplied by church societies and individuals. A director and six kindergartners had the playgrounds in charge last summer. The amount expended for teachers and supplies was \$422.37.

The Young Men's Christian Association showed its interest and co-operation by sending a young man to each playground every day to look after the interests of the larger boys.

By means of these two playgrounds hundreds of children are daily kept off the streets and taught unselfishness and helpfulness in an unobtrusive but successful manner.

Parent-Teachers circles have been organized in some of the schools of the city and maintained with mutual profit and pleasure, parents and teachers being thus led to work together for the good of the scholar, the school, and in no small degree the home.

At the club meetings questions concerned with the welfare of the child and the home are discussed. During the past year such topics as Pure Food, Child Labor, Civic Betterment, and Juvenile Courts, have been presented by men thoroughly conversant with the subjects. This fall a talk was given on the work of the National League of Women Workers. At present a series of health talks is in progress. Other topics of vital interest will be taken up during the winter.

The problem of the immortal poster has received considerable attention. The Mothers' club has found a very satisfactory spirit of coöperation on the part of the managers and owners of the burlesque companies, as well as of the bill posters. A talk was given before the club on "How to Eliminate the Objectionable Poster" by the city bill poster and distributor. The discovery was then made that all that is necessary to be done if an objectionable poster is seen on the boards of the city, is to telephone the office on Howard street, when the number and description of that poster is taken at the office and sent to a committee appointed by the Association of Bill Posters and Distributors of the United States and Canada. If in the opinion of this committee the poster is objectionable, the complaint is forwarded to the agency sending out the poster, stating that this poster is of such a nature that it will not be posted by them in the future. If such action is taken, that poster is suppressed in 2,400 cities of the United States and Canada. A very objectionable poster was complained of in the name of the Albany Mothers' club and was thus suppressed.

## Book Reviews

*Songs of Mother and Child.* Edited by Ida Brown McMurry and Agnes Cook Gale.

The collection of poems brought together in this book are written by noted men and women of the past and present day. Some of them are what mothers will love to read to their children, while others have a tender message for the mother herself. Every mother would find this book a welcome addition to the library of special books which good mothers collect as helps in wise nurture of the children.

The book is attractive from the bookmaker's standpoint as well as from its contents. It is published by Silver, Burdett & Company. The authors have rendered a service to lovers of childhood by embodying in one volume so many poetic gems.

*Letters to a Business Girl.* By Florence Wenderoth Saunders. Laird & Lee, Publishers.

These letters are written by a mother to her daughter who has left the home roof to earn her living. The book is so full of practical, helpful advice that it will be a valuable gift to any girl who is entering a business life, and will aid her in avoiding the mistakes made through inexperience.

a. Old Farm Story Box. Four volumes. By Virginia Bennett. Illustrated by E. Stuart Hardy. Four attractive little books. The Pigeon Tale, The Duck Tale, The Windmill Tale, The Field Mouse Tale, telling a story about a little boy who makes a visit in the country. 64 pages each. E. P. Dilton, N. Y. Price, \$1.00.



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### AIMS AND PURPOSES OF NATIONAL CONGRESS OF MOTHERS

To raise the standards of home life. To develop wiser, better-trained parenthood.

To give young people, ignorant of the proper care and training of children, opportunities to learn this, that they may better perform the duties of parenthood.

To bring into closer relations the home and the school, that parent and teacher may coöperate intelligently in the education of the child.

To surround the childhood of the whole world with that loving, wise care in the impressionable years of life, that will develop good citizens, instead of lawbreakers and criminals.

To use systematic, earnest effort to this end, through the formation of Mothers' Clubs in every Public School and elsewhere; the establishment of Kindergartens, and laws which will adequately care for neglected and dependent children, in the firm belief that united concerted work for little children will pay better than any other philanthropic work that can be done.

To carry the mother-love and mother-thought into all that concerns or touches childhood in Home, School, Church, State or Legislation.

To interest men and women to coöperate in the work for purer, truer homes, in the belief that to accomplish the best results, men and women must work together.

To secure such legislation as will ensure that children of tender years may not be tried in ordinary courts, but that each town shall establish juvenile courts and special officers, whose business it shall be to look out for that care which will rescue, instead of confirm, the child in evil ways.

To work for such probationary care in individual homes rather than institutions.

To rouse the whole community to a sense of its duty and responsibility to the blameless, dependent and neglected children, because there is no philanthropy which will so speedily reduce our taxes, reduce our prison expenses, reduce the expense of institutions for correction and reform.

The work of the Congress is civic work in its broadest and highest sense, and every man or woman who is interested in the aims of the Congress is cordially invited to become a member and aid in the organized effort for a higher, nobler national life, which can only be attained through the individual homes.